



### If attacked...

Run to the nearest residence or business. Cries for help can discourage criminals and may result in their arrest..

- If you choose to physically resist, take advantage of any “weapons” you may have, such as a purse or an umbrella.
- Attempt to determine point of identification, such as clothing, glasses, scars, hair color, and height. Call the police immediately.
- The choice of whether or not to physically resist attack can only be made by you. If the assailant is armed, your options are limited. There is no way to predict an attacker’s actions.

Contact the police for more information on this or any other crime prevention topic.

---

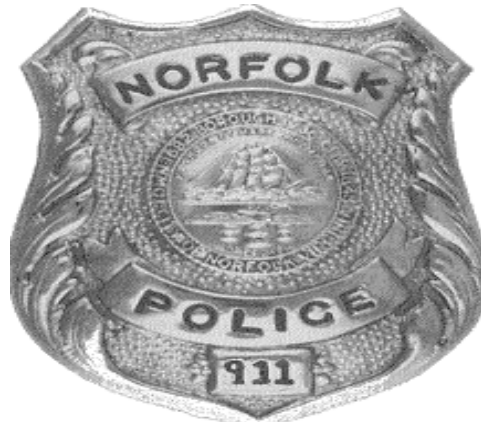
Norfolk Police Department  
Crime Prevention Unit  
2500 North Military Highway  
Norfolk, Virginia 23502

---

Telephone

( 757) 664-6901

---



# Personal Safety



**City of Norfolk  
Police Department**

## At home

- Your door should be equipped with a door viewer and deadbolt lock, with a one-inch throw.
  - All windows should be secure. Draw window shades or drapes after dark.
  - All entrances and garages should be well-lit.
  - Never remain alone in an apartment laundry room, mailroom, or parking garage.
  - Do not put your first name on your mailbox or in the telephone book. Use two initials and your last name.
  - Unknown persons should not be admitted to your premises unless proper credentials are presented.
  - Should a stranger request use of your phone, do not allow the person to enter. Offer to make the call yourself.
  - Should you return home to find windows and doors tampered with, **DO NOT ENTER OR CALL OUT!** Go to a neighbor and call the police at 9-1-1.
- 

## On the street

- Plan your route and avoid short cuts through parks, vacant lots, or unlit areas.
- Do not overburden yourself with packages and a bulky purse.
- Walk near the curb and away from alleys and doorways.
- If you suspect you are being followed, cross the street; go to the nearest home, service station, or open business premises and call the police.

- Be aware of your surroundings at all times.
- 

## In your car

- When entering and exiting, always lock your car.
  - View interior of vehicle before entering to assure no one is hiding inside, even if the doors were locked.
  - Have your keys in hand so you do not have to linger before entering your car.
  - Travel on well-lit streets and keep your purse out of sight.
  - If you have car trouble in a dark area, raise the hood of your car, lock yourself in, and wait for the police to arrive.
  - If a stranger offers to help, do not get out of your car. Ask the person to call for assistance.
  - Do not stop to offer help to a stranded motorist. Stop at the next phone booth and call for assistance.
  - Do not stop to offer a ride to a hitchhiker.
  - If you suspect that someone is following you, drive to the nearest service station, drive-in restaurant, police station, and blow the horn.
- 

## Public transportation

- Try to avoid isolated bus stops.
- Sit near other passengers or near the driver.
- If someone bothers you, tell the driver immediately.

## Hitchhiking

- Police recommend that pedestrians, especially women, should not hitchhike under any circumstances.
- 

## Public places

- Use caution in conversations with strangers. Avoid giving your name, address, or place of employment.
  - In theaters, avoid dark corners and sit near the aisle.
- 

## Purse snatching

- Do not carry large sums of money in your purse.
  - If possible, carry a small purse, tucked from view, under the arm or coat.
  - Be wary of approaching strangers.
  - If someone grabs your purse, do not resist.
- 

## Babysitting

- Leave information with your family about babysitting location, phone number, and time expected home.
- Once inside the house, lock all doors and windows.
- If you hear strange noises outside the house, call the police.
- Be escorted home after dark.